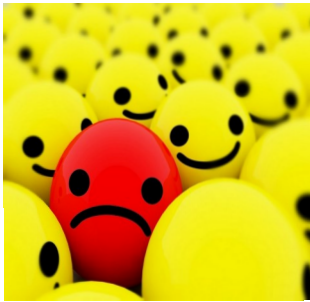


*"Out of suffering have emerged the strongest souls; the most massive characters are seared with scars." - Khalil Gibran*



## October 2015

Su	M	Tu	Wed	Th	Fri	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## November 2015

Su	Mo	Tu	We	Th	Fri	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29	30					

## December 2015

Su	Mo	Tu	We	Thu	Fri	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**1st Level CQI**  
All Level 1 Teams  
October 12-23, 2015

**2nd Level CQI**  
November 16, 2015  
866-630-9352  
1:30 pm—3:00 pm

**3rd Level CQI**  
December 7, 2015  
1:30 pm—3:30 pm  
DHSS—Wild Pine A

## MENTAL HEALTH

Integration of early childhood mental health consultation is an expanding trend with many home visiting programs. The Missouri Maternal, Infant, and Early Childhood Home Visiting (MIECHV) Program recently added a mental health consultation component into home visiting programs in which the Nurse Family Partnership and Parents as Teachers models are being implemented. Mental health consultation can take on many different forms. Mental Health Consultants can: help clients/families with individual or family issues; work with home visitors to assist their work with families experiencing mental health issues; and provide professional development to home visitors. The mental health consultant plays a key role in supporting home visitors in addressing complex family situations.

**ACTION ALERT: Discuss mental health resources in your area. Follow-up on clients/families referred for mental health services. Was the referral completed? Does the family need additional services from other community agencies?**

**ACTION ALERT: Survey home visiting staff to determine specific mental health topic areas they would like to receive additional training/professional development in to assure they feel confident in assessing for and making mental health referrals. Discuss how MIECHV could provide ongoing support for home visitors as they serve families with mental health issues.**

## MENTAL HEALTH RESOURCES

### **Early Childhood Mental Health Resources for Families/Parents and Providers**

<http://healthykids.mo.gov>

*Family Resources* include information topics to assist parents in learning about social and emotional development, strategies and resources to help children develop positive skills, and resources to assist when concerns exist. Some topic areas include:

- Developmental Milestones by Age
- Tips and Tools for Parents
- Social & Emotional Development

*Provider Resources* include information on working with the early childhood population, brain development, understanding diagnostic criteria, trauma and more.

## **REMINDER**

**All outgoing leaders, facilitators and scribes should assist newly elected leaders, facilitators and scribes in their new roles.**

## **ADDITIONAL MENTAL HEALTH RESOURCES**

### **Depression in Mothers: More Than the Blues**

<http://store.samhsa.gov/product/Depression-in-Mothers-More-Than-the-Blues/All-New-Products/SMA14-4878>

This free 40 page toolkit, designed for community-based providers including home visitors, delivers background information about depression and offers ideas that providers can use daily when helping mothers, and their families, who may be suffering from depression. The toolkit also includes useful resources and handouts for mothers with depression. *We highly recommend each local implementing agency provide printed copies to all home visitors to aid in their work with prenatal and postpartum women.*

For more information about this toolkit, a webinar hosted by the Technical Assistance Coordinating Center (TACC) on 8-25-15, “A Deeper Look at Maternal Depression and the More than the Blues Toolkit”, will be available by archive in early October 2015 at <http://mchb.hrsa.gov/programs/homevisiting/ta/training/index.html>.

Objectives of this webinar included:

- Developing a deeper perspective on serving families with depression
- Understanding how to support home visitors in working most effectively with mothers who are depressed
- Exploring new and innovative approaches to optimizing outcomes in depressed mothers in home visiting
  - ♦ Information about one mental health program, “Moving Beyond Depression” (MBD) was presented by the Massachusetts MIECHV Co-Director of the Massachusetts Department of Public Health. General information about MBD can be found at this website [www.movingbeyonddepression.org](http://www.movingbeyonddepression.org).

## **POSTPARTUM DEPRESSION RESOURCES**

Postpartum Support International

<http://www.postpartum.net>—Information on treatment, support groups and resources

National Mental Health Association

<http://www.nmha.org>—Information on Perinatal Depression, including a locator to find a mental health center or provider in your area

Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://samhsa.gov/disorders/mental>—Facts on common mental health disorders, such as those related to anxiety, depression and trauma

National Women’s Health Information Center

<http://www.womenshealth.gov>—Frequently asked questions about depression and pregnancy

National Institute of Mental Health

<http://www.nimh.nih.gov>—Links to health information and research studies on depression

American College of Obstetricians and Gynecologists (ACOG)

<http://www.acog.org>—Resources for women and health care providers

**DUE TO END OF YEAR REPORTING THERE WILL NOT BE A DATA  
COMPONENT IN THE 1ST QUARTER NEWSLETTER**

## **AWARENESS**

### **October is...**

**October is Breast Cancer Awareness Month**, which is an annual campaign to increase awareness about the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. We have made a lot of progress but still have a long way to go and need your help! For more information about breast cancer visit the National Breast Cancer Foundation, Inc. website at [www.nationalbreastcancer.org/](http://www.nationalbreastcancer.org/). You may also visit the Susan G. Komen site at [www5.komen.org/](http://www5.komen.org/) to find a “Race for the Cure” near you.

### **Sudden Infant Death Syndrome (SIDS) Awareness Month**

Safe to Sleep® is celebrating it's 20th anniversary! The Safe to Sleep® campaign focuses on actions you and others can take to help your baby sleep safely and to reduce your baby's risk of accidental suffocation or Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death. Safe to Sleep® Public Education Campaign is led by the Eunice Kennedy Shriver National Institute of Child Health and Human Development in collaboration with other organizations. Visit [www.nichd.nih.gov/sts/Pages/default.aspx](http://www.nichd.nih.gov/sts/Pages/default.aspx) for more information.

### **Domestic Violence Awareness Month**

The National Coalition Against Domestic Violence ([www.ncadv.org/](http://www.ncadv.org/)) is hosting a National Lobby Day on October 1, 2015 in Washington, D.C. Join victims, survivors, activists and allies in Washington, D.C. on October 1st to educate Members of Congress and their staff about the role of federal lawmakers in protecting victims/survivors and helping them recover in the aftermath of abuse.

### **Fire Prevention Month**

Fire Prevention Week will be October 4-10, 2015 with the theme: Hear The Beep Where You Sleep. Every Bedroom Needs a Working Smoke Alarm! Talk with your families about fire alarms in the home and having an evacuation plan in case of a fire. More information can be found at the National Fire Protection Association at [www.nfpa.org](http://www.nfpa.org).

### **November is...**

### **Prematurity Awareness Month**

World Prematurity Day 2015 is November 17. The March of Dimes joins with parent groups and organizations in countries around the world to raise awareness about premature birth and how it can be prevented. To learn more about the March of Dimes campaign around prematurity, visit [www.marchofdimes.org/mission/prematurity-campaign.aspx](http://www.marchofdimes.org/mission/prematurity-campaign.aspx).

### **December is...**

### **National Influenza Vaccination Week (first full week of December)**

December 6-12, 2015 is designated as National Influenza Vaccination Week. Parents are encouraged to receive their flu shot as well as having their babies/children vaccinated. Per the Centers for Disease Control and Prevention, a yearly flu vaccine is recommended for everyone 6 months and older. Children 6 months through 8 years, who are receiving a flu vaccine for the first time, should be given two doses four weeks apart. To learn more about influenza and the flu vaccine, visit the Centers for Disease Control and Prevention at [www.cdc.gov/flu/nivw/](http://www.cdc.gov/flu/nivw/).

### **It's October....let's remember to change our REDCap password!**

Change your REDCap password at <https://webapps.missouri.edu/revamp/wizards/passwordManager/passwordManager.jsp>

For Technical Assistance with password reset, please call the University of Missouri hospital help desk at 573-884-4357.

For other non-password related concerns, please contact Technical Assistance via one or both of the following contacts: [muredcap@health.missouri.edu](mailto:muredcap@health.missouri.edu) or 855-733-7921.

## **SUCCESS STORIES...REASONS TO CELEBRATE!**

### **Building Blocks/Nurse Family Partnership Southeast**

- A client was enrolled in the program by the third nurse to contact her. The first two nurses had issues meeting with her due to her homelessness and she finally connected with the third nurse. During pregnancy the client mended the relationship with her mother who has five other children younger than the client. Ultrasounds during pregnancy showed that baby's kidneys were not developing and that there was no stomach and the client was advised to abort the pregnancy. The client continued her pregnancy and delivered a preterm infant who was on dialysis during his first couple of weeks. The client remained in the St. Louis hospital and pumped breast milk still being told that the baby may not survive. Through all this stress and change in her life, the client has returned home to a place of her own, and the child is now 21 months old with no current medications or delays and she continues to breastfeed!

**WAY TO GO!!!**  
**Building Blocks/Nurse  
Family Partnership of  
Southeast Missouri received  
a National Letter of  
Acknowledgement for  
maintaining high caseloads  
and being a model  
implementing agency!**

### **South Central Missouri Community Action Agency**

- While enrolled, a mom completed her bachelors degree, began her masters degree, and found full-time employment. The family is now financially independent.
- A family was told by their doctor that their child was significantly delayed. The family contacted our program and was enrolled. The family was also referred to Missouri First Steps. Missouri First Steps did an evaluation the day before the family was enrolled into our program. At that time the 12-month-old child could not crawl. Within three months, the child can not only crawl, but is walking as well.

## **RESOURCES**

### **Child Development Resources**

Bright Futures (American Academy of Pediatrics) is a set of principles, strategies, and tools that are theory based, evidence driven, and systems oriented that can be used to improve the health and well-being of all children through culturally appropriate interventions that address their current and emerging health promotion needs at the family, clinical practice, community, health system and policy levels. The Bright Futures Tool and Resource Kit includes tools to educate families about what they should expect during well child visits as well as many other resources and is available at <http://brightfutures.aap.org/materials-and-tools/tool-and-resource-kit/Pages/default.aspx>.

### **Parenting Resources**

The Children's Trust Fund (CTF), with the assistance of Parents As Teachers National Center (PATNC), created a series of positive parenting tips to help everyone better understand and care for infants through pre-school aged children. The tips are available in electronic format only at <http://ctf4kids.org/public-awareness/awareness-campaigns/positive-parenting-tips/>.

## **FINAL NOTES AND REMINDERS**

For Level One Teams, remember to submit your detailed activity log and meeting minutes to Barb Gleason at [bgleason@sehealth.org](mailto:bgleason@sehealth.org) and Holly Otto at [Holly.Otto@health.mo.gov](mailto:Holly.Otto@health.mo.gov) by October 30, 2015.

For the Level Two Team, please submit your detailed activity log and meeting minutes to Holly Otto at [Holly.Otto@health.mo.gov](mailto:Holly.Otto@health.mo.gov) by November 25, 2015.

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